



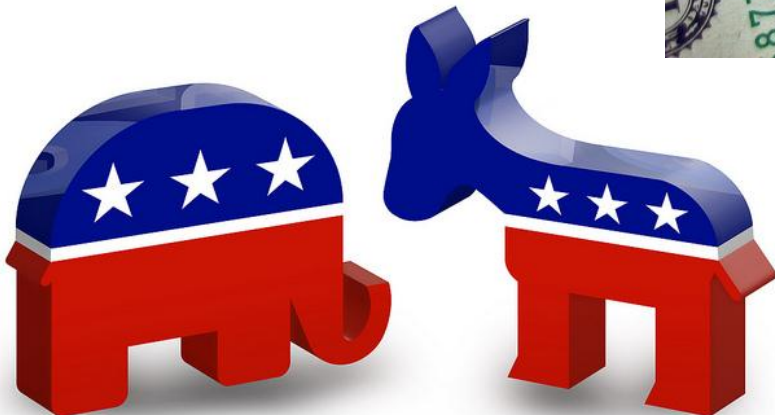
# Food, Planning and Health, oh my!

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# Planners have to think in systems



# Including the food system AND health







# Ultimate Goal of Planning

- Create communities of lasting value
- Create communities that offer better choices for where and how people live, work, and play – and EAT
- Enable civic leaders, businesses, and citizens to play a meaningful role in the planning process

# So what do planners offer?

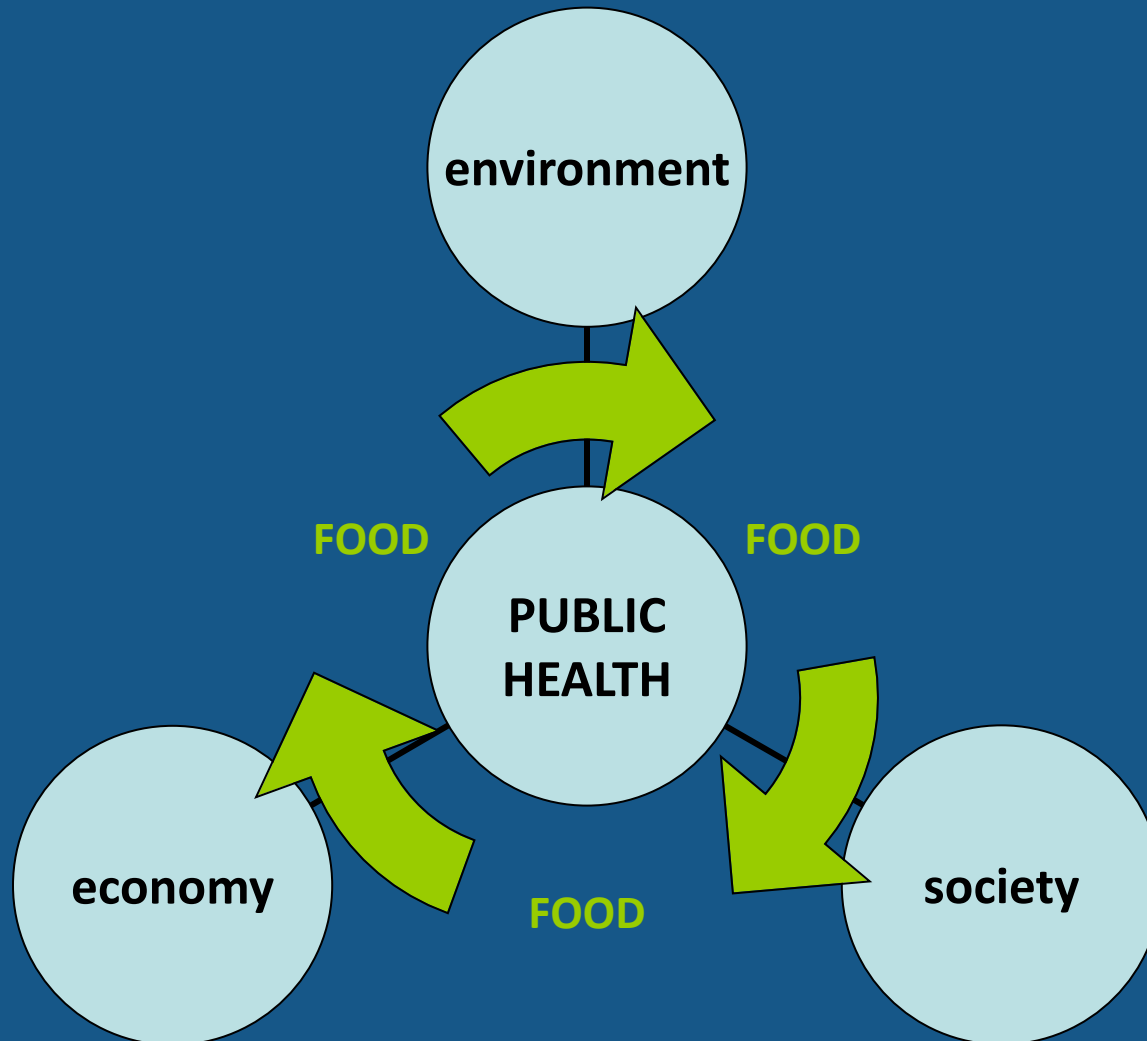
- Comprehensive perspective
- Community-wide and place-based perspective
- Long-term outlook
- Long-term cumulative impacts
- Convene stakeholders
- Engage communities
- Consensus building







# To achieve health, we need a strong and sustainable food system







# Plan Making:

## Community Food Systems Planning

- *Collaborative* planning process to develop and implement local AND regional economic, environmental and social programs and policies to:
  - Promote sustainable agriculture and food production
  - Support local and regional food chains & related infrastructure
  - Facilitate community food security
  - Support and promote good nutrition and health
  - Facilitate reduction, reuse, and recycling of solid food-related waste

# Plan making requires cooperation

- Collaborative, systematic, inclusive process
- Diversity of stakeholders
- Convene and engage in face-to-face, long-term dialogue





# Comprehensive Planning

## Part I **Economic Environment**

- Economic Development
- Education and Human Services

## Part II **Physical Environment**

- Land Use and Urban Design
- Circulation
- Housing
- Community Facilities and Infrastructure
- Conservation, Natural Resources and Open Space
- Energy and Climate Change
- Growth Management

## INCLUSIVE CITY FRAMEWORK

## Part III **Social Environment**

- Parks and Recreation
- Community Health and Wellness
- Public Safety and Noise

## Part IV **Cultural Environment**

- Arts and Culture
- Historic Resources
- National Historical Park

# Element 11 | Community Health and Wellness





# Goals

## **GOAL HW2    Expand Healthy Food and Nutrition Choices**

The City should improve access to affordable and nutritious foods for residents. Grocery stores, community gardens, urban agriculture and local markets provide a range of fresh fruits and vegetables to expand nutritional choices.

# IMPLEMENTING ACTIONS

## *Sustainable Urban Agriculture Assessment*

Explore the potential for creating and sustaining local urban agriculture, including community gardens, orchards and farmers' markets. Urban agriculture has the potential to supplement the availability of fresh fruit and vegetables in the community, provide economic opportunities to Richmond residents, lower food costs, reduce overall energy consumption and build social cohesion (see also elements: Conservation, Natural Resources and Open Space, Action CN2.J; Energy and Climate Change, Action EC4.J).

## *Healthy Food Store Incentives Program*

Develop a program to encourage existing liquor stores, convenience stores and ethnic markets to stock fresh produce and other healthy foods. Identify stores that are willing to participate in the program. Collaborate with community organizations and the Contra Costa County Health Services Department to develop and implement the program. Target the program in key neighborhoods that have a high concentration of liquor stores and convenience stores, but lack fresh and healthy food options.



# Functional or Area Plan





# Public investments





# Healthy, Sustainable Food System

1. Partnerships & Consensus Building
2. Visioning
3. Assessments
4. Plan Making
5. Policies and implementation mechanisms
6. Public investments



**Planners have the power to help  
make it happen**

# Resources

- American Planning Association – Planning & Community Health Research Center, Food Systems Related Work  
<http://www.planning.org/nationalcenters/health/food.htm>
- A Planners Guide to Community and Regional Planning: Transforming Food Environments, Facilitating Healthy Eating  
<http://www.planning.org/apastore/search/Default.aspx?p=3886>
- Planning Magazine, Aug/Sept 2009, Food Issue  
<http://www.planning.org/planning/open/aug/>